To get to the data go to the National Map data download site for 3DEP at < https://viewer.nationalmap.gov/basic/?basemap=b1&category=ned,nedsrc > then zoom into an area of interest

On the left side under "Elevation Products" select "1 meter DEM" then click on "Find Products."

Or under "Elevation Source" select "source DEM" or "lidar point cloud" ...

Joseph Kerski of ESRI has a three-minute video on how to get to the data at < https://www.youtube.com/watch?v=XQtH5r5Ugb0 > with related text at

 $<\underline{\text{https://spatialreserves.wordpress.com/2018/01/08/accessing-lidar-data-from-the-national-map/}>.$